

**PRICE LIST of ORGANIC FARM PRODUCTS,NATURAL SUPPLEMENTS,SPICES, SEEDS**

December 2021

(Prices are expressed in Kenya shillings)

ITEM	WHOLESALE	RETAIL (RRP)
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**FRESH ORGANIC PRODUCTS:**

BUTTER,UNSALTED (grass-fed)	850 /kg	-----)
ETHIOPIAN BUTTER	1,400 /kg.	
CHICKENS AVERAGE WEIGHT 1,4 -1,5 KG	390 /kg	450/kg
FRESH STRAWBERRIES - 250 GR.PUNNET	180	-----
FRESH BUTTON MUSHROOMS 250 gr.PUNNET	200	-----
FRESH OYSTER MUSHROOMS 250 gr.PUNNET	190	-----
ASPARAGUS (seasonal)	800 /kg.	-----
FRESH PORTOBELLA MUSHROOMS (seasonal)	950 / Kg.	-----
FRESH CHAYOTE SQUASH (seasonal)	40 / Kg.	-----
FRESH WHITE SAPOTE (seasonal)	100 / kg	-----

**ORGANIC COFFEE, HERBAL TEAS, SEEDS, SPICES, HEALTH SUPPLEMENTS:**

ETHIOPIAN COFFEE,fine grind,AAA(packaged from origin in 1 kg. airtight bag) 1,800 / kg.

ASHWAGANDHA powder-The Indian Ginseng- Withania somnifera: Pure, organically grown - It reduces anxiety and stress, improves sleep, helps fight depression, boosts fertility and testosterone in men, enhances brain function.No side effects. 650 / 500 grs.

ORGANIC APPLE CIDER VINEGAR	1 lt	2,750	2,950
	500 ml.	1,500	1,700

NUTELLA original	750 grs	1,290	1,390
MOZZARELLA CHEESE,organic, no additives		950 / Kg.	1,200/ kg.
Discount for 3 Kgs. Or more : @ 900 /kg			

BLACK MACA ROOT powder	590 / 100 grs.	700/ 100 grs.
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ASIAN GINSENG (WHITE ROOT POWDER)	950 /100 grs.	1,150 /100 grs.
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SPIRULINA powder	800 / 100 grs.	930 / 100 grs.
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RED MACA powder	590 /100 grs.	700 / 100 grs.
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TAMARIND JUICE - Pure, no sugar, no additives. Jerrican 3 lts.	1,500 Kshs.
Jerrican 5 lts.	2,000 Kshs

**MUSHROOM FLOURS**(Enriched with Vitamin D)-Pure ground mushrooms, no additives.They make an excellent, nutritious ingredient in bread, biscuits, pancakes):

(a)Oyster Mushroom Flour (pleurotus) -	1,500 /500 grs.	1,700/500 grs.
	750 /250 grs.	850/250 grs.

Agaricus Flour(White Button Mushroom)	1,500/500 grs.	1,700/500 grs.
	750/250 grs.	850/250 grs.

Dry Button mushrooms,whole (Agaricus bisporus)( Enhanced vitamin D contents)		
- Punnet 100 grs.	300	390

Dry oyster mushr., shredded -punnet 100 grs.	300	390
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Chia seeds, whole	720/kg	850/ kg.
	380/500 grs.	450/500 grs.

Flaxseeds, whole	820/ kg.	950/ kg.
Cumin Seeds, whole	190/200 grs.	270/200 grs.
Ground Cumin	110/100 grs.	160/100 grs.
Black Peppercorn,whole	480/500 grs.	550/500 grs.
	200/200 grs.	290/200 grs.
	110/100 grs.	180/100 grs.
Black Pepper, ground	300/250 grs.	390/250 grs.
	130/100 grs.	190/100 grs.
Curry powder, medium -	290 /250 grs.	350/250 grs.
Turmeric (powder)	400 /500 grs.	-----
Dates	200/ punnet 200 grs.	290/ punnet 200 grs.
Sultanas (Blonde ones)		
	340 /500 grs.	390 /500 grs.
"Royal Honey", raw, virgin honey:	800/ kg	950 / kg
	420/500 grs.	520 /500 grs.
Hibiscus ( tea) , ground	950 / kg.	1,090/kg.
	500 /500 grs.	590/500 grs
Rosemary Leaves, whole 250 grs.	290/250 grs.	370/250 grs.
Rosemary Leaf, ground	300/250 grs.	390/250 grs.
Cinnamon , ground	110 /100 grs.	
Cinnamon bark	95 /100 grs.	
Thyme, ground	160 /100 grs.	
Cardamom powder	290 /100 grs.	
Coriander seed powder	90 / 100 grs.	
Cloves, whole	130 / 100 grs.	
Cloves, ground	150 / 100 grs.	
Cardamom pods	150 / 100 grs.	
Star aniseed	250 / 100 grs.	
Lemongrass	590 / 500 grs.	
Bay leaves (laurel)	220 / 100 grs.	
Organic Oregano	220 / 100 grs.	
Dry Red Chillies ,whole,organic-	150/100 grs.	220/100 grs.
Mushroom Spice Jar 250	grs. 760/250 grs.	850 Kshs / kg.
Mushroom Seasoning Powder Jar 130	grs. 390 Kshs	470 Kshs / kg.
Purple Tea	1,290/kg.	1,590 / kg.
Packet 500 grs.	660	720
Packet 250 gr.	350	400
Fennel Seeds	215 /100 grs.	280 / 100 grs.
Fenugreek Tea (ground fenugreek seeds)-	400 /250 grs.	500/250 grs
Fenugreek Seeds, whole	160 /100 grs.	190/100 grs.
Coriander Seeds,whole	100 /100 grs.	130 /100 grs.
Peppermint Tea (ground leaf)	320 /250 grs.	420/250 grs.
	140 /100 grs.	200/100 grs.
Green Tea leaves	2,500 / Kg	2,950 /Kg.
Mulberry Leaf Powder (Tea)	450 / 400 gr.	500/ 400 grs.

Moringa seeds	480/ 500 grs.	520/500 grs.
Sesame Seeds (brown, whole)	320 /500 grs.	380/500 grs.
Sesame Seeds (white)	320 /500 grs.	380/500 grs.
Avocado Oil, cold-pressed, organic	1,700 /lt	1,900 /lt.
Sesame Oil, cold-pressed, organic	1,200 /lt.	1,350 / lt.
Coconut Oil, organic	850 /lt (Monthly OFFER) (REGULAR PRICE: 990 Kshs/lt.)	970 /lt.
Black seed oil (a.k.a. kalaunji, Nigella sativa):	490 / 60 ml. 3,250 /500 ml.	590/60 ml. 3,650 /500 ml.
Frankincense Oil (a.k.a. Boswellia serrata):	1,950/lt.	2,170/lt.
Frankincense Resin ( pls consult)		
Baobab Oil	550/100 ml.	660/100 ml.
Moringa Oil	750/100 ml.	950/1000 ml.
Pumpkin seed Oil	550/ 100 ml.	650/100 ml.
Cinnamon Essential Oil	1,500/100 ml.	1,700/ 100 ml.
Eucalyptus Essential Oil	1,700/100 ml.	1,950 /100 ml.
Macadamia Oil	1,100/ lt.	1,250 /lt.
Chia Seed Oil	350 /100 ml	390/100 ml.
Flax Seed oil	460/100 ml.	520/100 ml.
Neem Oil	350 /100 ml.	430/100 ml.
Castor Oil	380/ 100 ml.	470/100 ml.

Note: All oils are cold-pressed, without any additives.

Moringa Oleifera Leaf (powder)	990 /kg.	1,150 / kg.
Baobab powder (ground dry baobab fruit)	800 /kg. 420 /500 grs.	890/kg. 520 / 500 grs.
Persea Americana Leaf Medicinal Tea	770 / 500 grs. 400 /250 grs.	890 / 500 grs. 490/ 250 grs.
Mangifera indica Leaf Medicinal Tea	790 / 500 grs.	950 / 500 grs.
Epsom Salt	700 /500 grs 350 / 250 grs.	790 / 500 grs. 430/250 grs.
Reishi Tea (Ganoderma lucidum)	850/ 100 grs.	950 /100 grs.
Stevia leaf Powder (pure -sweetener)	650 /500 grs.	850 / 500 grs.
Himalayan Salt	400/500 grs.	550/500 grs.

Organic Shea Butter	640 / 200 gr.jar 1,850 / 1kg.jar	750/200 gr.jar 2,100 / 1 kg.
(Pls consult for bulk orders)		
Pumpkin Seeds, green (de-husked)	1,550/kg.	1,750 / kg.
Pumpkin Seed Flour	1,150/kg	1,350 / kg
Sunflower Seeds (de-hulled)	700/500 grs.	820/500 grs.
Amaranth Seeds	390 / kg.	490 / kg.
Soybeans	190 /kg	250 / kg.
Dried Cassava	130 / kg.	180 /kg.
Activated Charcoal	1,200 /kg	1,400 /kg.
Groundnuts , red	190 / kg	250 / kg.
Macadamia nuts, whole, raw	1,750 / kg.	1,950 /kg.
Macadamia nuts, roasted	1,800 / kg	2,000 / kg
Almonds, whole	1,850 / kg.	2,100 / kg
Cashewnuts ,lightly roasted	1,700 / kg.	1,990 / kg.
Black Seeds(a.k.a.kalaunji,black cumin,Nigella sativa):	1,050 /kg. 560/500 grs.	1,350 /kg. -----
Stinging Nettle Leaf powder(Tea,supplement)	300/250 grs 660/500 grs.	440/250 grs. 850/500 grs.
Japanese Longevity Tea (Eriobotrya japonica):	550/ 500 grs.	770/500 grs.
Curry leaves,whole,dry (limri -Murraya koenigii)	280/150 grs.	350/150 grs.
Curry Leaf powder(limri - Murraya koenigii):	950/500 grs. 490/250 grs. 190/100 grs.	1,150/500 grs. 600/250 grs. 250/100 grs.
Matcha Tea (green powder)	1,250/500 grs.	1,500/500 grs.
Artemisia (Artemisia annua):	1,250/250 grs. 650/125 grs.	1,500/250 grs. -----
Chamomile Tea (Matricaria recutita) :	1,500/250 grs. 800/125 grs.	----- -----
Wheatgrass (Powder):	1,200 Kshs /500 grs.	-----

**ANTI-OXIDANT PLUS IMMUNITY BOOSTER** ™ (Tea): 1,300/500 grs. 1,450 / 500 grs.

**HEALTH BOOST** ™ - An all-natural formulation providing a wide array of vitamins, minerals, fatty acids, essential aminoacids, polyphenols and other powerful antioxidants. It is a unique combination of disease-preventing phyto-nutrients - proven anti-inflammatories with strong medicinal properties, in powder form. 1,200 /250 grs.  
2,350 /500 grs.

**MEMORY BOOST** ™ - (Tea) is an all-natural plant-based cognitive function and memory enhancer, with a pleasant aroma and Taste. It prevents Alzheimer and senile dementia.  
- 390 /150 grs.  
640 /250 grs.  
1,250 /500 grs.

**HERBAL MIX BALANCING FORMULA** ™(high blood pressure, cholesterol) 1,250/ kg. -----  
650 Kshs/500 gr.-----

**GLUCOBALANCE HERBAL MIX FORMULA** ™: (Diabetes type 2) - 1,250/kg.  
650/500 grs.  
360 /250 grs.

**THE SEVEN-DAY FAST WEIGHT- LOSS PACKAGE (Complete Kit - 6 Items)**

The package includes:

- 1 1 punnet (100 grs) of Dry Agaricus mushrooms (button)
- 2 1 punnet ( 100 grs.)of Dry Oyster mushrooms
- 3 500 grs. of Baobab powder
- 4 500 grs. of Moringa oleifera
- 5 100 grs. of Stevia Leaf powder ( sweetener)
- 6 250 grs. of Matcha Tea
- 7 Day by Day Diet Plan for the 1<sup>st</sup> Week.
- 8 Day by Day Diet and Meal Plan for the 2<sup>nd</sup> and 3<sup>rd</sup> Week.
- 9 Instructions to use the supplements and suggestions to incorporate them into your meals, tips to succeed with the Plan, FAQ.
- 10 Recipe of the Miracle Cabbage and Mushroom Soup with 5 suggested variations
- 11 Low fat, low glyceimic index, low calorie recipes to use AFTER the 3 Week's Plan.

Price for the Complete Kit: 3.450 Kshs

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